

Risk Reduction Observation Notes: Initial Session

Risk Reduction Specialist: _____ Observer: _____

Session Date: _____ Site/Location: _____

Start Time: _____ End Time: _____ Total Time: _____

Instructions: Use this form during the risk reduction session to take notes. Use Form A-1, *Risk Reduction Observation: Initial Session*, for your final documentation.

Introduce and Orient Client to the Session

- Intro self
- RRS role
- Duration
- Content
- Referrals
- Confidentiality
- Address ?

Enhance Client's Self-Perception of Risk

- Reason for visit
- ID risk behavior
- Direct client attention
- Assess risk concern
- Test history
- Previous HIV results
- ID conflict

Explore the Specifics of Most Recent Risk Incident

- Explore W ?
- Acceptable risk
- Partner communication
- Situations/circumstances
- Triggers/vulnerabilities
- Pattern of risk
- ID conflict

Review Previous Risk Reduction Experiences

- Past success
- Obstacles
- Triggers/situations
- Partner communication
- Acceptable risk
- ID conflict
- Peer norms

Synthesize Risk Incident and Risk Pattern

- Summarize
- Life context
- Risk feedback
- Patterns of risk
- Triggers/vulnerabilities
- Urgency of risk
- ID conflict
- Encourage

Negotiate a Risk Reduction Step

- Explore change
- ID SMART step
- Specific steps
- Support/barriers
- Problem solve
- Confirm w/client
- Acknowledge challenge
- Step strengths/weaknesses
- Document step

Identify Sources of Support and Provide Referrals

- Assess support
- Longstanding issues
- Willingness
- Types of referrals
- Acknowledge challenges
- Provide referrals

Support Test Decision

- Cost/benefit
- Coping w/results
- Testing/risk
- Anon/Conf.
- Intro PE
- Review return visit

Summarize and Close the Session

- Summarize
- ID followup
- Contact info
- Importance of return
- Close

Use of Counseling Skills, Concepts, and Components